

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

New Coach Education Courses Available

FOR IMMEDIATE RELEASE

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INDIANAPOLIS, IN (July 18, 2011) — Three new coach education courses –

Fundamentals of Coaching Track and Field; *Health and Wellness: A Coach's Guide to Hydration, Nutrition and Supplements*; and *Sportsmanship* – are now available through the National Federation of State High School Associations (NFHS) at

www.nfhslearn.com. These courses are the newest additions to the NFHS Coach Education Program.

Fundamentals of Coaching Track and Field educates coaches on the proper way to teach basic skills such as running, jumping and throwing, as well as the importance of sound mechanics. After taking the course, coaches will be able to identify key points, or stages of a skill, and use visual demonstrations with verbal cues to help participants execute a particular technique or skill. Developed by USA Track and Field

in partnership with the NFHS, the course is hosted by Olympic athletes Dan O'Brien and Hyleas Fountain.

In an effort to keep students safe, well-hydrated and performing at their peak, *Health and Wellness: A Coach's Guide to Hydration, Nutrition and Supplements* provides coaches with an online course that offers practical tips on how to model and teach proper hydration and nutrition. The course educates coaches on how to influence what students eat and drink before, during and after competition, and presents information about how hydration, nutrition and supplements impact performance. The course is hosted by Dr. Michael Koester, chair of the NFHS Sports Medicine Advisory Committee and a sports medicine specialist from Eugene, Oregon.

Sportsmanship is designed to give coaches, players, officials, parents and fans a better understanding of what sportsmanship is and how inappropriate behavior negatively impacts the educational process. The course is free and takes about 15 minutes to complete.

The NFHS Coach Education Program was started in 2007, and more than 140,000 coaches have taken the core course — *Fundamentals of Coaching*. Forty-six of the 51 NFHS member associations have adopted the course.

The NFHS offers coaches the ability to become nationally certified as an Accredited Interscholastic Coach. In addition to the *Fundamentals of Coaching* course,

coaches must complete *NFHS First Aid for Coaches*, or its equivalent, and one of the sport-specific courses or *Teaching Sport Skills*, and then can apply for certification online.

All NFHS coach education courses are available at www.nfhslearn.com.

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This press release was written by Eamonn Reynolds, a summer intern in the NFHS Publications/Communications Department, and a senior at Ohio University.

About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including almost 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

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